

SPOTTING THE SNEAKY SIGNS OF BULLYING



GRANGE SCHOOL
A Culture of Continuous Improvement

Hey Granger!

As a student in Grange school, it is important to know that everyone deserves to feel safe, happy, and included. Sometimes, however, there might be situations or people that make you feel uncomfortable and it's not always easy to tell if it's bullying. So, let's talk about some subtle or sneaky signs of bullying and what you can do about it.

What Is Bullying Anyway?

Bullying is when someone repeatedly makes another person feel bad on purpose. It can be physical, like pushing or hitting, and also emotional, like spreading rumors, or saying unkind things.

The tricky thing is, bullying doesn't always look obvious. It can be subtle, meaning it's harder to see. So, let's look at some sneaky signs of bullying.

The Silent Treatment

Imagine sitting at lunch, excited to join in, but your friends ignore you completely, or you crack a joke and everyone keeps quiet.

Sometimes, people use "silent treatment" to make others feel left out. If you feel like you're being ignored on purpose or left out of conversations repeatedly, this might be a subtle form of bullying.

Mean "Jokes" and Hurtful Comments

A lot of times, people cover up rude remarks by saying, "Just kidding!" or "Can't you take a joke?" But if someone's "jokes" make you feel sad, uncomfortable, or embarrassed, it's not a joke anymore, report it.

Gossip and Rumors

When someone spreads rumors or talks behind your back, it can hurt a lot. Gossip and rumors are sometimes passed off as "just talking," but they are a way to make others feel bad or excluded. When someone constantly spreads rumors about you, it's a subtle sign of bullying.

"Accidental" Pushing or Tripping

If someone is always "accidentally" bumping into you, pushing or attempting to make you trip, it might not be an accident. This can be a subtle way for someone to annoy or hurt you without it looking like they're doing it on purpose.

Subtle Teasing on Looks or Interests

Everyone is unique, with different interests and styles. However, some people might make subtle or "harmless" comments about the way you look or what you like, which can still hurt. For instance, comments like "Why do you always wear that?" or "You like that show? Weird!" might feel small, but they can be hurtful.

What to do & When to Get Help

If these signs happen once in a while, it might not be bullying. But if they happen repeatedly and make you feel sad or uncomfortable, it's important to talk to someone about it. You can chat with your counselor about how you feel and what has been happening. Your bully will be apprehended and whatever underlying issues there are, would definitely be resolved.

Remember, no one deserves to feel bad. Being kind to one another and standing up against bullying, even the sneaky kind, helps everyone enjoy a safe, fun, and positive school experience. Let's look out for each other and say NO to bullying.